

GULF DEFENDER



WING MISSION: TRAIN THE WORLD'S BEST AIR SUPERIORITY TEAM FOR THE AIR FORCE

WING VISION: TEAM TYNDALL – TAKING AMERICA'S PREMIER AIR SUPERIORITY TRAINING INTO THE 21ST CENTURY

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June 30, 2000



HERITAGE DAY

TEAM TYNDALL SALUTES OUR NATION'S INDEPENDENCE

ILLUSTRATION BY DAVID DOWNEY, BRYAN-OLSON CORP.

Hornburg takes command of AETC

Staff Sgt. Cheri Dragos
*12th Fighter Training Wing
public affairs*

RANDOLPH AIR FORCE BASE, Texas (AETCNS)— Gen. Michael Ryan, Air Force Chief of Staff, passed the reins of Air Education and Training Command from Gen. Lloyd “Fig” Newton to Gen. Hal Hornburg during a ceremony held here Thursday in front of the “Taj Mahal.”

Newton is retiring Aug. 1 with more than 34 years of military service.

Secretary of the Air Force Whit Peters was among the many distinguished visitors who attended the ceremony.

“It is an honor to be here with these two super officers and warriors,” Ryan said during the change of command ceremony.

“General Fig Newton has brought superb leadership and vision to this command. He has brought a culture of personal excellence to every challenging position he has held,” Ryan said. “As commander, he has ensured that the expeditionary culture has permeated throughout Air Education and Training Command. He has built the right mind set and skill set in our newest airmen.”

The chief of staff said Hornburg was chosen as the 25th commander of AETC because he is a proven commander, combat leader and aviator.

“General Hornburg always seems to be where the action is,” said Ryan, citing Hornburg’s combat action in Vietnam and his command involvement in air operations during Desert Storm, Bosnia, Desert Thunder and Desert Fox.

“He comes to AETC from Air Combat Command where he was vice commander, training and sustaining the forces that we deploy worldwide in our expeditionary force,” Ryan said. “As General Hornburg takes the stick of this great command, I know he will have great challenges and success.”

In accepting command of AETC, Hornburg expressed his gratitude for “being given the opportunity to lead this great command” and pledged to “sustain what the Newtons have started.”

Hornburg also shared a glimpse of his vision for the

command.

“I really think our job is to create airmen — to give birth to airmen — to take America’s sons and daughters and transform them into something bigger than what they were when we got them.” Hornburg said. “Airman is not a rank, it is what we are. It is our DNA, our ethos, what we believe in and what we stand for.”

Shortly after Hornburg’s statements, Newton thanked the members of AETC — active-duty, civilian and contractors — for all they accomplished during his tenure and then offered one piece of advice to the new commander.

“These individuals standing before you in uniform today represent only a small part of the professional people throughout this great command,” Newton said. “If you take care of them, I assure you they will continue to take care of you.”

The commander of troops for the ceremony was Col. Stephan Eisen, 737th Training Group commander at Lackland AFB, Texas.

The troops in formation consisted of four units made up of airmen from Headquarters AETC and the 12th Flying Training Wing, as well as the 37th Training Wing and 59th Medical Wing at Lackland. Each formation wore a different uniform, including flight suits, desert battle dress uniforms, battle dress uniforms and basic military training instructors marching in blues.

Hornburg has commanded numerous key military organizations, including 9th Air Force and U.S. Central Command Air Forces, Shaw AFB, S.C.; the Joint Warfighting Center, Fort Monroe, Va.; and the 4th Wing, Seymour Johnson AFB, N.C.

He led a composite fighter wing during Operation Desert Storm and the first Air Force composite wing during the service’s reorganization in 1991-1992.

In other assignments, Hornburg directed air operations over Bosnia, served on the Joint Staff and directed operations at Headquarters U.S. Air Force.

Also, the general served as an F-15 East Coast demonstration pilot, an Air Force liaison officer to the U.S. Senate, and as chief of the Air Force Colonels Group.

The general is a command pilot with 4,000 flight hours and three combat tours. He has flown various aircraft to include the T-37, T-38, O-1, O-2, F-100, OV-10, KC-10, F-4D/E, F-15A/C/E and F-16C.

Tyndall member named 19th AF NCO of quarter

Master Sgt. Rob Fuller
*325th Fighter Wing
public affairs*

A noncommissioned officer with the 325th Medical Group was recently named 19th Air Force NCO of the Quarter — a first for Team Tyndall.

Staff Sgt. Tammy McElroy, 325th Medical Support Squadron medical laboratory journeyman was excited about the news. “I was surprised and excited to be selected at the numbered Air Force level,” she said. “What a great honor.”

This award marks a first for Team Tyndall in competition at 19th AF, said Chief Master Sgt. Karl Meyers, 325th Fighter Wing command chief master sergeant.

McElroy had an immediate impact in the medical laboratory. She reported 28,500 results in the lab during the quarter from January to March. In addition, she also partnered with the American Red Cross during the base quarterly blood drive, coordinating the contingency donor-center activation with outstanding results, reaching 100 percent of their goal.

Outside the unit, McElroy is active in the Tyndall Focus 56, a junior NCO organization, and was responsible for crafting their by-laws and constitution.

McElroy also finds time to stay involved in her church, and, as a member of Tyndall’s Black

Heritage Committee, participated in Partners and Classmates Together, preparing adults to enter the job market by assisting with applications, resumes and interview preparation.

“I’d like to say thanks to my squadron and group commanders and my supervisor for recognizing me and giving me the opportunity to win this award,” McElroy said. “I’d also like to thank my family and friends for their support in helping me achieve this.”

However, McElroy’s professionalism extends beyond the base with her serving as the lab’s liaison in support of civilian blood drives through a base and community memorandum of understanding. She also strives to promote the professionalism of the Air Force and Team Tyndall serving with the base honor guard team at memorial services.

“Staff Sgt. McElroy epitomizes everything the Air Force stands for,” said Lt. Col. Pauletta D. Blueitt, 325th Medical Support Squadron commander. “She practices our core values every day, both on- and off-duty. Her commitment to this business is evident not only in her outstanding duty performance, but in her involvement at the wing level and throughout the community. I can’t think of anyone else more deserving of this award.”



Staff Sgt. Tammy McElroy

Tyndall to fly AF Military Fantasy Job winner

Jim Garamone
American Forces Press Service

WASHINGTON (AFPN) — In an effort to increase public awareness of the adventurous and challenging careers available in today’s military, the Air Force is offering entrants in the Yahoo! Careers “Fantasy Career in Today’s Military” contest a chance to shadow a Team Tyndall F-15 pilot and receive a flight in the fighter jet, but web surfers only have until Tuesday to submit essays.

“This is another great opportunity for Team Tyndall to increase the nation’s awareness of the Air Force mission while also helping our recruiting effort,” said Maj. Gen. Walter E. Buchanan III, 325th Fighter Wing commander. “Our job — training the world’s best air superiority team — makes us a great choice to host the contest winner. The winner gets an inside, personal look at F-15 fighter operations while Tyndall gets another opportunity to showcase our portion of the Air Force mission to the entire nation.”

The contest, launched on Armed Forces Day, already has more than 2,400 essays. The essay should be 200 words explaining why a person would want the fantasy job. So far, the Air Force is leading the pack.

The Army allows the winner to parachute with the Golden Knights and fly in the front seat of an AH-64 Apache.

The Navy winner gets a carrier landing and a chance to tour a carrier and work with members of the crew.

The Marines will give their winner a chance to see what it’s like to join “The Few.” The Marine winner will go through five days of training at their “basic course” at Quantico, Va.

The Coast Guard winner will get a chance to train with rescue swimmers and drive a cutter.

The Department of Defense and Yahoo! officials have been pleased with the contest so far. There have been more than 400,000 page hits on the fantasy job site. In addition, more than 5,600 individuals have used the site to get more information about the various services.

“This is a way to raise awareness about the DOD with the general public,” said Navy Cmdr. Yvette Brown-Wahler, DOD assistant director for recruiting plans. “It’s a way for Americans to connect with the military.”

It is also a way to aid recruiting. The DOD paid \$250,000 to advertise the Yahoo! military fantasy jobs. Brown-Wahler said more and more Americans are relying on the Internet for information. In many cases, the web reaches just the people the DOD would like to recruit.

For more information or to submit an essay, check out the web site at: www.careers.yahoo.com.

Fiscal 2001 defense bill passes Senate; funds 3.7 percent pay raise

WASHINGTON (AFP) — The Senate passed its Fiscal 2001 National Defense Appropriations Bill June 13. The bill funds a 3.7 percent pay raise and other quality-of-life initiatives.

The bill passed 95-3 and allots \$287.4 billion in spending authority. This is \$3.1 billion above the president's budget request and \$1.1 billion below the House's version. The House passed its Fiscal 2001 Defense Appropriations Bill last month.

"This bill meets all personnel, readiness, training and quality-of-life priorities for the armed services," said Sen. Ted Stevens, Appropriations Committee chairman. "We have fully funded the pay raise and new authorized recruiting and retention benefits. All estimated costs of contingency operations for 2001 in Kosovo, Bosnia and Southwest Asia are included in the bill."

Highlights of the Senate bill include:

- A total of \$160 million to enhance basic allowance for housing and reduce service members' out-of-pocket housing expenses.
- An increase of \$4.5 billion over current fiscal year spending to fund readiness, training and depot-support programs.

- Funds totaling \$2.18 billion for 12 C-17 aircraft.
- Funds to procure 10 F-22 Raptors.
- An additional \$183 million to buy six F-16 Fighting Falcons.
- Funds to advance procurement for one JSTARS aircraft.
- An additional \$137 million for the retirees' pharmacy benefit.

- \$150 million for National Guard and Reserve equipment.
 - An additional \$35.4 million for Air Guard operations and maintenance programs.
- The House and Senate will next meet in a joint committee to resolve differences in their defense appropriations bills.



Courtesy photo

Wearing the appropriate camouflage scheme, Raptor 4004, the first F-22 to be equipped with its revolutionary integrated avionics suite, rolls out of the program's state-of-the-art coating facility in Marietta, Ga. recently. The Fiscal 2001 defense bill includes funds to procure 10 F-22 Raptors. Tyndall is expected to become a training base for the air superiority fighter in Fiscal 2003.

America's Air Force Global vigilance, reach, power

F. Whitten Peters
Secretary of the Air Force
Gen. Michael E. Ryan
Air Force chief of staff

WASHINGTON (AFP) — We recently released America's Air Force: Global Vigilance, Reach and Power, to update our vision for the 21st century. It captures where we're going as a service and helps Air Force people plan for the diverse challenges we'll face in the 21st century.

This document builds upon and extends ideas in our previous visions and reflects organizational and conceptual improvements since the publication of our last vision. It also supports the principles laid out in the recently released Joint Vision 2020.

Airmen from across the Air Force contribute to our ability to deploy and sustain powerful aerospace capabilities wherever and whenever necessary. While there is much in the vision that is new, the foundation remains the same — our people and our values. The vision makes it clear that we will continue to rely on our great Air Force people to be the engines of change and integration and progress. We'll rely on all our people — active duty, Guard, Reserve and civilian — leveraging the strengths of the total force.

The document is short and concise. It does not talk about specific weapon systems or about the details of defense budgets. Instead, it represents our thinking about the aerospace domain and our role in it — how we'll exploit the full aerospace continuum to meet the nation's needs. The art of commanding aerospace power lies in integrating air, space and information

systems to produce the exact effects the nation needs. We'll continue broadening Air Force leaders to capitalize on the range of potent capabilities aerospace power offers.

Global Vigilance, Reach and Power are the overarching aerospace capabilities described in our vision: vigilance to anticipate and deter threats, reach to curb crises and power to prevail in conflicts and win wars. We will realize the true potential of full-spectrum aerospace power by thinking of vigilance, reach and power not as separate and distinct, but as capabilities that, when fully integrated, add up to much more than the sum of their parts.

Key to our concept is the expeditionary aerospace force, which will provide both increased capabilities to meet the nation's security requirements and greater predictability and stability for our people. Operation Allied Force proved the potential of our developing concepts. Impressive as the improvements seen recently have been, they're just the beginning. Aerospace power is America's asymmetric advantage, and we're determined to ensure America keeps that advantage.

Our vision focuses on what we will do as America's airmen, but it includes a firm commitment to work effectively within the joint team, ensuring that we never forget the trust the American people place in us.

Realizing the potential of our vision will take the dedicated efforts and teamwork of all of you in the years to come. There will be copies of the vision in the field soon. Meanwhile, you can find it on the web at: www.af.mil/vision. We encourage you to read it, talk about it and understand it. It's your future, and it's brighter than ever.

Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



Commander's corner: Team Tyndall loses three of its own; think safety

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander

Two very unfortunate accidents happened this past week that should make us all sit back and think as Team Tyndall lost three of its own. We lost **Senior Airman Craig R. Harper**, 325th Maintenance Squadron and his fiancée **Coleen Martini** in a motor-cycle accident and **Tech. Sgt. Benjamin A. Freeman**, Det. 1, 148th Fighter Wing Minnesota Air National Guard assigned to Tyndall in a parachuting accident. I know I speak for all of Team Tyndall, when I say our thoughts and prayers are with their families during this difficult time. Each was a vital and contributing member of our Air Force. And while we will miss them, they leave behind fond and cherished memories with which they will always be remembered.

This weekend is a family weekend to celebrate our nation's independence, relax with family and friends and have some fun. However, before we celebrate the Fourth of July, we have some great fun scheduled here for Heritage Day 2000, on Monday, July 3. There will be something for everyone: bands, games for the kids, food and a brilliant fireworks display. We are opening the base to our friends from the community for this event, and I encourage everyone to try and attend. I'd also like to thank Rudy Wallace and everyone from the 325th Services Squadron for making this great event possible.

While enjoying this weekend, remember that at Tyndall, we're blessed with a great lifestyle and some

of the most picturesque scenery of any base. Let's help keep the view impressive by taking pride in how our base looks. It only takes a second to pick up a piece of trash if we see it and put it into the proper receptacle. As we use our beautiful beaches and parks, let's make every effort to leave them in better condition than when we arrived. *Please leave only your footprints!*

As I prepare to pin on my second star today, I want all of the **Checkertail Clan** to know how much Sharon and I appreciate the hard work and professional effort you put forth every day that made my selection possible. There is no question in my mind that I would not be where I am today without you and your good efforts. You have been there through thick and thin, good times and bad. You are what make this such a great Air Force to work and live. I am mighty proud of what we've accomplished together over the past two years. We've made our nation and our Air Force stronger by the air superiority professionals we have added to the combat air forces worldwide, while at the same time we've worked to keep Tyndall a great place to live and work for us and our families. Bottom line, you did it and we are grateful. Thank you.

With July 4th festivities and the four-day weekend ahead of us, I want to strongly encourage all Team Tyndall members to think safety first. Sharon and I want to see everyone back on Wednesday refreshed and fit from a relaxing and fun weekend ... you deserve it!

Have a happy and safe holiday weekend and a great Air Force week!

Fulfilling your AF commitment means giving 100 percent

Master Sgt. Tony Simler
325th Communications Squadron
first sergeant

Commitment; a relatively simple word, you'd think, but today if you ask some people what it means to them, a lot of times you get the 'deer in the headlights' look.

For those of you who've ever rented or bought a home, I'm sure you're familiar with the contract that usually goes with that venture. Basically, after you sign the contract, you're bound by law in that you have a contractual agreement to fulfill the terms stated within the document.

First Word



Simply put, you now have a commitment. Being that you now have this commitment, it's not as though you can move in, stay a while and then later decide you want something different without first fulfilling the contractual agreement you made. Landlords and builders would have to be out of their mind to allow this to happen on a regular basis. After all, they'd go broke in no time, so they use this legal contract to protect themselves and their interests.

Although not a profit-motivated business, the Air Force too operates

by forecasting and estimating its strengths through the use of contractual agreements.

Think about it for a moment. When you enlist or reenlist, you too are signing a contract and making a commitment. If for one reason or another you change your mind and decide you don't like what you're doing, is it fair to just quit? Of course not. The Air Force, just like any business, has an investment and has forecasted what they expect to gain from that investment. Therefore, when someone joins the Air Force, they've in essence made a commitment to serve their country for a forecasted period of time. The Air

Force in return has made its investment through time, money and equipment.

Typically, it costs the Air Force thousands of dollars to send an airman through basic training. Could you imagine what months of technical school costs? With an investment of that magnitude, the Air Force deserves an obligation or commitment from its member.

In the past, I've told young airmen that even if they find the Air Force isn't what they expected it would be, suck it up, give 100 percent and when they've fulfilled their commitment,

Action Line



Capt. John Dorrian

Maj. Gen. Buck Buchanan, 325th Fighter Wing commander, introduces one of Team Tyndall's newest members, Airman Basic David I. Cook, 1st Fighter Squadron operations resource management apprentice, during the Air Force Tops in Blue performance Tuesday at the Panama City Marina Civic Center. Thanks goes out to all Team Tyndall members who supported the Tops in Blue visit.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Maj. Gen. Walter E. Buchanan III
325th Fighter Wing
commander



Lisa Carroll

Turkey shoot

From left to right: Senior Airman Earl Lancaster, Staff Sgt. Scott Rogan and Senior Airman Matt Whiting, 2nd Fighter Squadron integrated combat turnaround load crew members, prepare to load an AIM-9 missile onto an F-15 during last week's Turkey Shoot Competition. An ICT is the fastest way for combat aircraft to land after a combat sortie, be replenished with munitions, completely reserviced and return to the combat zone. Each of Tyndall's fighter squadrons completed an ICT as part of the biannual competition to test a squadron's ability to generate combat sorties, fly a combat scenario and regenerate aircraft as they would for a war-time tasking. The 2nd Fighter Squadron won the overall Turkey Shoot Competition.



Tyndall's chapel schedule

Protestant	Reconciliation: 4 p.m. Saturday
Communion Service: 9:30 a.m.	Mass: 5 p.m. Saturday,
Chapel 1	Chapel 2
General Protestant Service:	Mass: 9:30 a.m. Sunday,
11:00 a.m. Chapel 2	Chapel 2
Sunday school: in recess for the summer	Religious education: in recess for the summer
Kids' Club: in recess for the summer	Chapel 1: 283-2691
Catholic	Chapel 2: 283-2925
Daily Mass: noon Monday through Friday, Chapel 2;	Spiritual Maintenance: 283-2367
	Other faith groups: Call 283-2925

Information technology courses go on line

Dr. Tim Mucklow
Air Force Communications Agency

SCOTT AIR FORCE BASE, Ill. (AFPN) — Education enables people to respond to challenges by preparing them for the future. The Air Force has taken initiatives to deliver training and education more quickly, to more people, for fewer dollars. Air Force people now have access to more than

1,000 Information Technology courses on line thanks to the opening of the Air Force Computer Based Training System’s central site.

While at work, on temporary duty or at home, military members and civilians can take courses on their computers in such areas as specialized technical skills, basic business applications, software programming and World Wide Web administration. Examples of

courses are UNIX, Windows NT, Oracle, Microsoft Office and Netscape Navigator.

The Computer Based Training Initiative 2000 uses the CBT System to help the workforce deal with rapidly changing technology to conduct daily business.

Phase one of the program established the central site hosted by the Defense Information Systems Agency. It includes an IT course software library, help desk,

user-registration service and metrics-collection capability.

Phase two, now under way, will place courseware and software at base-level network control centers to minimize Internet traffic between users and the central site.

All users can access courses through the central site now. After phase two on-base users will access courses through their local NCC using locally-staged courseware and utility software.

Off-base users will continue to access courses through the central site, and can either take the courses on line or download them to their personal computers. Users must first register from a computer with a “.gov” or “.mil” address, and then get a password to connect from any terminal with Internet access.

Progress reports on user metrics will be maintained at the central site with local data being passed during off-peak hours. Force planners will use metrics to track proficiency progress and manage their programs.

The Air Force CBT System provides training that meets the knowledge-level requirements for certifying network professionals explained in Air Force Instruction 33-115, Volume 2, Licensing Network Users and Certifying Network Professionals. In addition, Air Education and Training Command is exploring ways to integrate CBT into curricula to get the most value from in-residence training programs.

Proprietary software is needed to take courses in either download or liveplay modes. Users should check with their local workgroup manager for a customized version. The software can also be downloaded from the central site’s “Getting Started Off Base” option, in the Courseware menu.

The CBT System uses SmartForce (formerly CBT Systems, Inc.) commercial off-the-shelf courseware. It offers flexible, adaptable training in the face of growing temporary-duty costs and decreases in funding for in-residence training.

The CBT System is managed by the Air Force Communications Agency’s Training Management Branch at Scott AFB, Ill. This branch was created to manage the CBTs and to investigate other training possibilities.

“One of our primary goals ... is to find innovative ways of providing better, faster and cheaper service to the Air Force,” said retired Lt. Gen. William J. Donahue, Air Force Communications and Information Center former commander, and Communications and Information Air Force director, at the virtual ribbon-cutting for the central site. “This is a prime example of how we are doing it.”

The AFCA looked at warfighter requirements and developed a solution to provide cost-effective IT training whenever and wherever needed for a customer base of more than 500,000 users.

For more information call the AFCA Training Management Branch, DSN 576-2815 or (618) 256-2815.

Independence Day

Our forefathers fought for independence, we defend it

American military members defend freedoms our country was founded upon

Army Gen. Henry H. Shelton
Chairman, Joint Chiefs of Staff

WASHINGTON (AFPN) — On July 4, 1776, the 13 American colonies declared their independence. The first patriots, with diverse backgrounds, representing different regions and interests, were united in their quest for freedom and their willingness to fight for liberty. Despite the considerable risk of almost certain defeat at the hands of the greatest land and sea power of that age, they ultimately triumphed and a new, independent United States of America emerged.

At sea, on land and in the air, whether during peace or war, the men and women of America’s

armed forces have continued to ensure the sacrifices of our forefathers and others who followed them were not made in vain. The backgrounds of the individuals in today’s armed forces are even more diverse than those of our predecessors — yet we all continue to unite behind the same ideals and values that guided this nation to independence over 200 years ago.

Today, on the first Independence Day of the 21st century, you — America’s soldiers, sailors, airmen, Marines and Coast Guardsmen — are America’s new patriots, linked in spirit to the generations of fighting men and women of our nation’s great history. Around a troubled world, you deter our foes, protect our friends and keep the peace.

Despite enormous danger, personal sacrifice and lengthy separation from family and friends, it is your indomitable spirit and steadfast willingness to serve that define America and manifests its ideals, both at home and abroad. On this Independence Day, America honors you and all those who preceded you.

On behalf of the Joint Chiefs of Staff, thank you for all you do in the defense of our great nation — on this — America’s birthday.

Are barbecues a fitting 4th of July tradition?

Staff Sgt. John Asselin
*325th Fighter Wing
public affairs*

Americans get together every year at this time to celebrate our independence. But are hamburgers, potato salad and fireworks a fitting tribute to the July 4th holiday?

To start, what is Independence Day? It’s basically the most all-inclusive of American holidays. It’s a memorial day, a labor day and a presidents’ day. It doesn’t just celebrate our independence as a nation, but the struggle to gain that independence — and keep it.

Independence Day recognizes the people who started this country, from our forefathers who designed and created a nation, to the people who

fought to gain our freedom. They were the first Americans, they were the catalysts and they had a dream.

Independence Day celebrates the lives of the people through the years who helped to build this nation into what it is today. They were the businessmen, the farmers and the people who dreamed of a better way of life. They came from around the world to work, and work hard, for the “American Dream.” They built the United States into the greatest nation on Earth.

Independence Day memorializes the people who have fought to keep this great nation free. They have fought many wars, on both home and foreign soil, to defend America and what it stands for. Many gave their lives, but

they did so to keep America free for us all.

All you have to do is spend time in a foreign country, and you will see what freedoms we have and the importance of our independence. Many have come before us to build what we have today, and we are building a future America for those who follow us.

So are hamburgers, potato salad and fireworks a fitting tribute to what it has taken to build this nation? I can’t think of a better tribute to freedom, liberty and independence than being able to have the cookouts and parties. If Thomas Jefferson was alive today, I’m sure he would say that was their plan — to give people the freedom to celebrate their independence in their own way.

The right to vote; our most precious freedom

Maj. Gen. Steven Polk
19th Air Force commander

Nearly two and one-quarter centuries ago, the true citizen-soldier was born. Calling themselves Americans, our forefathers issued the Declaration of Independence, and in doing so, created a revolutionary type of warrior. As members of the 19th Air Force team — active duty, Guard and reserve, civilians and contractors —

you continue the legacy of those citizen-soldiers. Often, in the fanfare of Fourth of July celebrations, we overlook what the Declaration of Independence and the Revolutionary War were really about. In simplest terms, they were about the right to vote ... about the right to

This Fourth of July I encourage you to pay special honor to those great patriots by pledging to exercise our most precious freedom — register and vote!

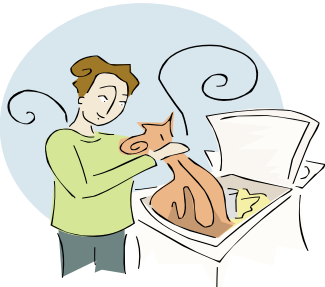
freely elect the officials who would lead this nation to greatness ... about having a say in the government rather than just being governed. In the fight for independence, American patriots fought in many bloody battles and endured great hardships to secure for us the blessings of liberty — including the right to vote. As citizen-soldiers we have a profound duty to exercise that right. Less than 50 percent of Americans went to the polls in the past few national elections. Had the members of the Continental Congress turned out in such numbers there might not have been an Independence Day to celebrate. You may not know that the vote by the 13 colonies was nine for, two against, one undecided and one

abstention. What if less than 50 percent had voted that day? It is just four months before Election Day. Whether voting locally or by absentee ballot, you need to act now to ensure you are registered. Voting assistance officers are ready to assist you at each 19th Air Force installation. This Fourth of July, I encourage you to pay special honor to those great patriots by pledging to exercise our most precious freedom — register and vote! Henrietta and I thank you and your families for your dedication, patriotism and hard work. Have a safe holiday weekend and God-speed.

●COMMIT from Page 5 they can move on to a new career either in or out of the Air Force. If a first-term airman isn’t real happy with what they are doing, they’ll typically have the opportunity to retrain into another field. A four-year enlistee can do so between their 35th-43rd months. A six-year enlistee can do so between their 59th-67th months. And there’s nothing wrong with retraining — I’ve done it myself. Give the Air Force 100 percent — who knows, you might find you like what you’re doing after all. Had someone told me 18 years ago I’d be spending two decades of my life in the Air Force, I’d think they were eccentric. But after retraining a couple of times, here I am, just nine months shy of 20 years — and I’m still having a good time!

TEAM TYNDALL PRIDE

Take pride in Team Tyndall and its beauty. Pick up trash if you see it, do a self-help project — we all reap the benefits of a clean environment.



LET'S KEEP OUR BASE CLEAN

Team Tyndall joins local community in celebrating our country's independence

4th of July Independence Day events in the local area

Bay County residents will have the opportunity to enjoy an entire weekend of Independence Day festivities during 4th of July celebrations held in the local area. The fun begins Saturday in Mexico Beach, continues Monday during Team Tyndall's festivities and concludes Tuesday with events being held in both Panama City and Lynn Haven. Here's a more detailed list of local area events.

Mexico Beach

Mexico Beach will hold a **"Best Blast on the Beach"** Independence Day celebration beginning 7 a.m. (central time) Saturday. The Sandy Shoes 5K walk/run will begin at the corner of 15th street and Highway 98. There is a \$10 entry fee, and all entrants will receive a free T-shirt.

In addition to the run, beginning 9:30 a.m. Saturday there will be a children's fishing tournament at Mexico Beach Canal Park. Bait will be provided and ribbons will be provided to all participants. Trophies will be given out to winners. The tournament is for children under 12. There is not an entry fee.

The 'Best Blast' will continue 7 p.m. Saturday with a Sunset Park Beach Party. Live entertainment will be provided by ACME Rhythm & Blues.

Mexico Beach will conclude their Independence Day events with a fireworks display beginning around 8:30 p.m. (central time) Sunday.

Panama City

Panama City and the Downtown Improvement Board invite you, your family and friends to enjoy an Independence Day filled with music, food, drinks, fun and fireworks during this year's **"All American Family 4th of July, 2000 Millennium Celebration."**

The celebration will be held Tuesday in downtown Panama City from 10 a.m. - 10 p.m. Harrison Avenue will be closed from 4th Street to Beach Drive and covered with huge inflatable rides including a space jump, ultimate gator, giant slide, Sigmund the Sea Monster, radar golf and a batting cage.

In addition, many other events will be held throughout Panama City. McKenzie Park will provide family entertainment from 10

a.m. - 7 p.m. and the marina will offer entertainment including **Little Jimmy Reed, T.C. Carr and the Catch, The Healers, and King Cotton**, from noon until closing. The Visual Arts Center will also get in on the fun, holding a chalk-art contest for children.

There will also be a Tyndall F-15 fly-over at 5:15 p.m. The Panama City fireworks display will be at 9 p.m.

There will be free trolley transportation to and from McKenzie Park and the marina. For more information about Panama City 4th of July events, call (850) 785-2554.

Lynn Haven

The city of Lynn Haven will celebrate 4th of July with a **"Salute the Century"** starting 8 a.m. Tuesday.

The celebration will begin with a flag-raising ceremony and the singing of the national anthem, 8 a.m. at the Lynn Haven City Hall. In addition, a bike parade will be held on Florida Avenue at this time. Decorated bicycles will be judged.

Parade enthusiasts can also watch the

city's parade beginning 9 a.m. on 5th Street and Highway 77. The parade will end on 12th Street.

A vast array of vendors providing crafts, food and entertainment will be available to the public beginning 9 a.m. at Sheffield Park. Entertainment includes the **Emerald Coast Cloggers** at 10 a.m.; **Sweet Adeline** at 11 a.m.; **Christen Brandli** at 11:20 a.m.; **Gymnastics Plus** at 11:45 a.m.; **Lynda Griffin** at 12:15 p.m.; **Brittney Banks and Carlie** at 12:40 p.m. and **Blue Grass Tide Water Band** at 1 p.m.

Other events will be a fishing rodeo at 10:30 a.m., a horse-shoe contest at 10:45 a.m. and a watermelon-eating contest at noon. People interested in participating in the watermelon contest should sign up at 11 a.m.

The Lynn Haven festivities will conclude with a fireworks display 8:45 p.m. at the 5th Street ball field.

For more information about Lynn Haven 4th of July events, call Lynn Haven Leisure Services, 271-5547.

Map to Heritage Park

1

LOGGING (SAND DOLLAR INN)

2

BASE SUPPORT CENTER

3

FAMILY SUPPORT CENTER

4

DINING FACILITY

5

PELICAN REEF ENLISTED CLUB

6

POST OFFICE

7

CHILD DEVELOPMENT CENTER

8

COMMISSARY/BASE EXCHANGE MALL

9

FITNESS CENTER

10

HOSPITAL

11

OFFICERS CLUB

The public is invited to join Team Tyndall in celebrating Heritage Day 4-11 p.m. Monday.

Heritage Day 2000

Sponsored in part by: Tyndall Federal Credit Union*

Tyndall AFB Heritage Park • July 3rd • 4-11:00 p.m. PUBLIC WELCOME • FREE ADMISSION

Shuttle buses for Wood Manor Housing residents will run from the youth center starting at 3:15 p.m., hourly.
Following the fireworks they will return to the youth center beginning at 9:45 p.m.

Special Activities

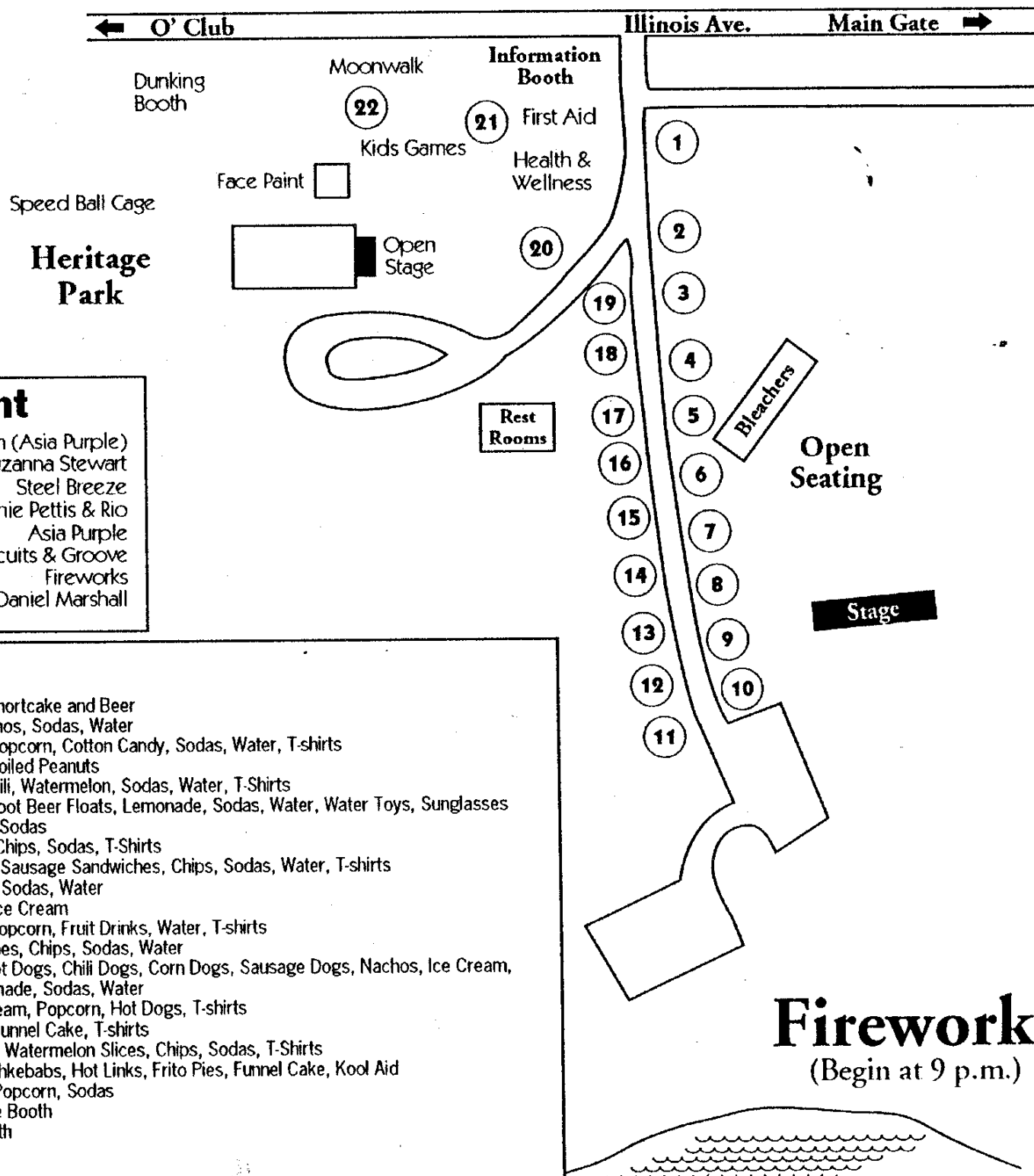
- Special Ball Cage w/Radar Timer (Baseball, Softball & Soccer)
- Children's Bingo w/Prizes
- Two Dunking Booths
- Moonwalk
- Jail Booth
- Theme Photo Booth
- Children's Games
- Free Children's Activities
- Clowns & Balloon Shaping

Musical Entertainment

3:55-4 p.m.	National Anthem (Asia Purple)
4-4:45 p.m.	Suzanna Stewart
5-5:45 p.m.	Steel Breeze
6-6:45 p.m.	Stephanie Pettis & Rio
7-7:45 p.m.	Asia Purple
8-9 p.m.	Biscuits & Groove
9-9:20 p.m.	Fireworks
9:30-10:30 p.m.	Daniel Marshall

Booths

1 Services Clubs	Strawberry Shortcake and Beer
2 325th CS Booster Club	Ultimate Nachos, Sodas, Water
3 SFS Defenders Booster Club	Sno-Cones, Popcorn, Cotton Candy, Sodas, Water, T-shirts
4 701 st ADS	Lemonade, Boiled Peanuts
5 325th OSS	Hot Dogs, Chili, Watermelon, Sodas, Water, T-Shirts
6 LSS Raptor Booster Club	Ice Cream, Root Beer Floats, Lemonade, Sodas, Water, Water Toys, Sunglasses
7 OL-A/16th EWS	Pizza Slices, Sodas
8 83rd FWS	Hamburger, Chips, Sodas, T-Shirts
9 Team Wizards (Det.-1/85 TES)	Polish/Italian Sausage Sandwiches, Chips, Sodas, Water, T-shirts
10 325th MXS Booster Club	Funnel Cake, Sodas, Water
11 Checker Tail Clan (325th MXS/QAE)	Sno-Cones, Ice Cream
12 SEADS Enlisted Association	Ice Cream, Popcorn, Fruit Drinks, Water, T-shirts
13 325th TRS Booster Club	Rib Sandwiches, Chips, Sodas, Water
14 Tyndall Chief's Group	Foot-Long Hot Dogs, Chili Dogs, Corn Dogs, Sausage Dogs, Nachos, Ice Cream, Chips, Lemonade, Sodas, Water
15 Bones Booster Club (95th FS)	Subs, Ice Cream, Popcorn, Hot Dogs, T-shirts
16 1st FS	Sno-Cones, Funnel Cake, T-shirts
17 325th CES Booster Club	Hamburgers, Watermelon Slices, Chips, Sodas, T-Shirts
18 HQ AFCEA UAB Booster Club	Chicken Shishkebabs, Hot Links, Frito Pies, Funnel Cake, Kool Aid
19 325th SVS Booster Club	Sno-Cones, Popcorn, Sodas
20 NSSF	Photo Theme Booth
21 Tyndall Motorcycle Club	Dunking Booth
22 SFS Defenders' Booster Club	Jail Booth



*No federal endorsement of sponsor intended.

LOST & FOUND - located at the information booth. All items turned in on the 3rd will be given to Security Forces after the event. Lost parents should go to the information booth.

**Your link
to what's going on**

Gulf Guide

**in the
Tyndall community**

JUNE

FRI 30

AFROTC schedule

The Air Force Reserve Officer Training Corps' first encampment has arrived at Tyndall and will remain here until Wednesday. The second encampment will arrive Thursday and remain until Aug. 11. The cadet dining hours at Tyndall's Berg Liles dining facility will be: breakfast, 6-7:12 a.m.; lunch, 11:20 a.m.-12:52 p.m.; and dinner, 4:20-5:32 p.m.

Change of command

A change of command ceremony for Tyndall's 325th Maintenance Squadron is 3 p.m. today in the Tyndall Officers' Club Bayview Room. Lt. Col. Robert A. Sanford will relinquish command to Maj. David B. Coomer. A reception will follow in the "Jake Pit" in Building 580. Uniform is the battle dress uniform with sleeves rolled up for military members. All of Team Tyndall is invited. For more information, call Capt. James Clavenna, 283-4520.

Vehicle-safety inspections

Tyndall's 325th Fighter Wing's Safety Office is conducting free vehicle-safety inspections 9 a.m.-2 p.m. today at the base service station for anyone wanting to ensure their vehicle is ready for holiday travel.

JULY

MON 3

Commissary holiday hours

The commissary will be open 9 a.m.-6 p.m. Monday. It will be closed Tuesday for the 4th of July holiday and will reopen 9 a.m. Wednesday.

Heritage Day

Tyndall will celebrate Independence Day with a Heritage Day celebration Monday at Heritage Park. Gates will be open to the public 4-11 p.m. Admission and parking are free. There will be food booths, children's activities, clowns, bands and a magician. Fireworks will start at approximately 9 p.m. Six musical groups are booked to play throughout the evening. For more information, call 283-8575 or 283-2495.

TUE 4

Base exchange holiday hours

The following base exchange facilities will be open Tuesday at the following times: main exchange, 10 a.m.-5 p.m.; service station, 10 a.m.-5 p.m.; Cove Garden Shoppette, 11 a.m.-3 p.m.; Shoal Point Shoppette, 11 a.m.-6 p.m.; Class Six Shoppette, 11 a.m.-5 p.m.; Felix Lake Shoppette, 6 a.m.-9 p.m.; Burger King, 10:30 a.m.-5 p.m.

Fantasy career contest

The Department of Defense and Yahoo! Inc. are offering entrants in the Yahoo! Careers "Fantasy Career in Today's Military" contest a chance to spend up to five days with one of the military services. The Air Force is offering entrants 18

years or older a chance to shadow an F-15 fighter pilot, fly in an F-15, meet a jet maintenance team and train in aircraft armament. Applicants can complete an entry form and submit an essay and resume by Tuesday through the Yahoo! Careers home page at: www.careers.yahoo.com.

WED 5

Parenthood-preparation course

A four-session parenthood-preparation course will be 3-5 p.m. Wednesday, July 12, 19 and July 26 in the family advocacy conference room. For more information or to register, call the family advocacy center, 283-7272.

Stress-management workshop

A three-session stress-management workshop will be 9-11 a.m. Wednesday, July 12 and July 19 in the family advocacy conference room. Participants will be able to examine ways to reduce and manage stress through relaxation techniques and healthy living. For more information or to register, call the family advocacy center, 283-7272.

NOTES

Customer service hours

The customer service hours for Tyndall's Military Personnel Flight, Pass and ID, legal and finance offices are:

Monday, 7:30 a.m.-4:30 p.m.; Tuesday, 8:30 a.m.-4:30 p.m.; Wednesday, 7:30 a.m.-4:30 p.m.; Thursday, 8:30 a.m.-6 p.m.; and Friday, 7:30 a.m.-4:30 p.m.

"Yard of the Month" winners

The following Tyndall family housing residents have won the "Yard of the Month" award: Wood Manor I – **Master Sgt. Glen Heacock** and **Tammy Heacock**, 2737-B Eagle Drive; Wood Manor II – **Capt. William Owens Jr.** and **Phyllis Owens**, 2849 Phantom St.; Wood Manor III – **Tech. Sgt. Timothy Hibbard** and **Bunnie Hibbard**, 3160-B Tiger St.; Felix Lake – **Master Sgt. Paula Valencia** and **Frank Valencia**, 3582-B Adams Court; Cove Gardens – **Staff Sgt. Edward Seeley Jr.** and **Julisa Seeley**, 20-C Victory Circle.

Search for true stories

Producer Arnold Shapiro is searching for true-story profiles of young people currently in uniform or successful civilians whose lives were changed and improved because of their military service. Selected stories may be used in the production of five videos entitled "How the Military Changed My Life." Anyone interested in participating can send a brief written account to: Arnold Shapiro Productions, 520 Broadway, Suite 220, Santa Monica, CA 90401 or send an e-mail to: aspproductions@aol.com. For more information, call 283-2937.

Canadian Promotions

The Canadian component at Tyndall recently celebrated two promotions at the Maple Leaf Mess.

Master Cpls. Joan Folsom and Josh Labranche, 701st Air Defense Squadron aerospace defense technicians, were both promoted to sergeant.

Folsom was pinned by Lt. Col. Bill Bowers, 701st ADS director of operations and Warrant Officer Gerald Nieckar,

Canadian Component Unit warrant officer. Labranche was also pinned by Bowers along with Josh's wife Josee.

RETIREE NEWS

TRICARE assistance

A few months ago, it was announced that the TRICARE-Help Electronic Mail System was available to provide TRICARE-related assistance to active-duty and retired TRICARE beneficiaries and their families. The THEMS allows all TRICARE beneficiaries to use e-mail to get TRICARE-related issues acted on and resolved in a timely manner.

Recent computer upgrades and the hiring of additional personnel enables TRICARE-Help to serve TRICARE beneficiaries even better than before. Officials point out, however, that the THEMS is not intended to replace or bypass TRICARE Service Centers and other local TRICARE-assistance sources. Every effort should be made to resolve all TRICARE-related issues at the local or lowest possible level. Questions should be initially directed to the health benefits adviser at the local TRICARE Service Center, 913-3420, or the Tyndall Managed Care Office, 283-7331.

The THEMS is then ready to assist with any unresolved issues and will provide an initial response to your e-mail questions within 24 hours. Questions can be e-mailed to: www.TRICARE_Help@amedd.army.mil.

YARD SALES

The following yard sales are scheduled for Saturday: 3185-A Voodoo Drive, 3118-A Dagger Drive, 2974-A Starfighter Ave. and 2755-B Eagle Drive. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "Gladiator" (R, intense, graphic combat, 155 min.)
Saturday: "Gladiator"
Sunday: "Gladiator"
Thursday: "Screwed" (PG-13, crude, sex-related humor, nudity, language, some violence, brief drug content, 90 min.)

BERG LILES DINING FACILITY

Today
Lunch: yakisoba, savory-baked chicken
Dinner: ravioli, baked fish

Saturday
Lunch: stuffed green peppers, roasted turkey
Dinner: herb-baked chicken, grilled hamburger steak

Sunday
Lunch: chicken Parmesan, roasted pork loin
Dinner: beef balls stroganoff, lemon-baked fish

Monday
Lunch: beef pot pie with biscuit topping, chicken breast with orange glaze
Dinner: Cajun meat loaf, beef manicotti

Tuesday
Lunch: herb-baked chicken, barbecued pork loin
Dinner: grilled ham steak, chili macaroni

Wednesday
Lunch: sukiyaki, Chinese five-spice chicken
Dinner: fish and chips, baked Italian sausage

Thursday
Lunch: hot and spicy chicken, veal Parmesan
Dinner: pork chow mein, lemon-basted sole

Menus are subject to change.

Uncle Sam returns to support military



The Armed Services YMCA has resurrected James Montgomery Flagg’s famous “Uncle Sam” painting to inspire people to recognize the commitment of people serving in the military.

SPRINGFIELD, Va. (AFPN) — James Montgomery Flagg’s most famous painting of Uncle Sam has been called back to serve the military again in a campaign to ask the nation to thank its service members.

This time around, Uncle Sam — declaring “I Want You” — becomes a spokesman for the Department of Defense Joint Outreach Initiative. Secretary of Defense William S. Cohen developed the program to maximize efforts to “reconnect” America with its military. The Armed Services YMCA, with graphics design assistance from Raytheon Corporation, has printed 200,000 posters. The National Guard and military Reserves are distributing more than half of the posters.

“We wanted to play a part in reminding people about the tremendous sacrifices our service members make,” said Frank Gallo, Armed Services YMCA executive director. “We’re a part of the largest volunteer organization in America, the YMCA. It’s appropriate that we pay tribute to the military — an all-volunteer organization in its own right.”

Gallo, a retired Navy rear admiral, links the poster’s roots to an incident on one of his trips to an Armed Services YMCA branch. “I was sitting near this young private in uniform and the flight attendant came up and asked him if he would like to sit in first class. The private was thrilled, and those of us who

witnessed it were happy such a nice thing would be done for one of our serving military members.

“We hope this poster inspires Americans into thanking their neighbors, friends and customers who serve in the military, for their sacrifices,” he added. “Those who do will make somebody’s day. I guarantee it.”

According to the Library of Congress web page located at: www.loc.gov — Flagg’s famous image of Uncle Sam was originally published as the cover for the

July 6, 1916 issue of Leslie’s Weekly with the title “What Are You Doing for Preparedness?” Its popularity made Uncle Sam the perfect image for the U.S. Army’s World War II recruiting effort.

The Armed Services YMCA has resurrected the image to encourage people to thank military service members. Requests for more than 1,000 printed posters may be directed to the Armed Services YMCA, (703) 866-1260, or e-mail: asymca@asymca.org. For individuals or smaller requests, the poster may be downloaded at: www.asymca.org.

The Armed Services YMCA, an affiliate of the nationally recognized YMCA, serves more than 50 program locations throughout the United States.

“We wanted to play a part in reminding people about the tremendous sacrifices our service members make.”

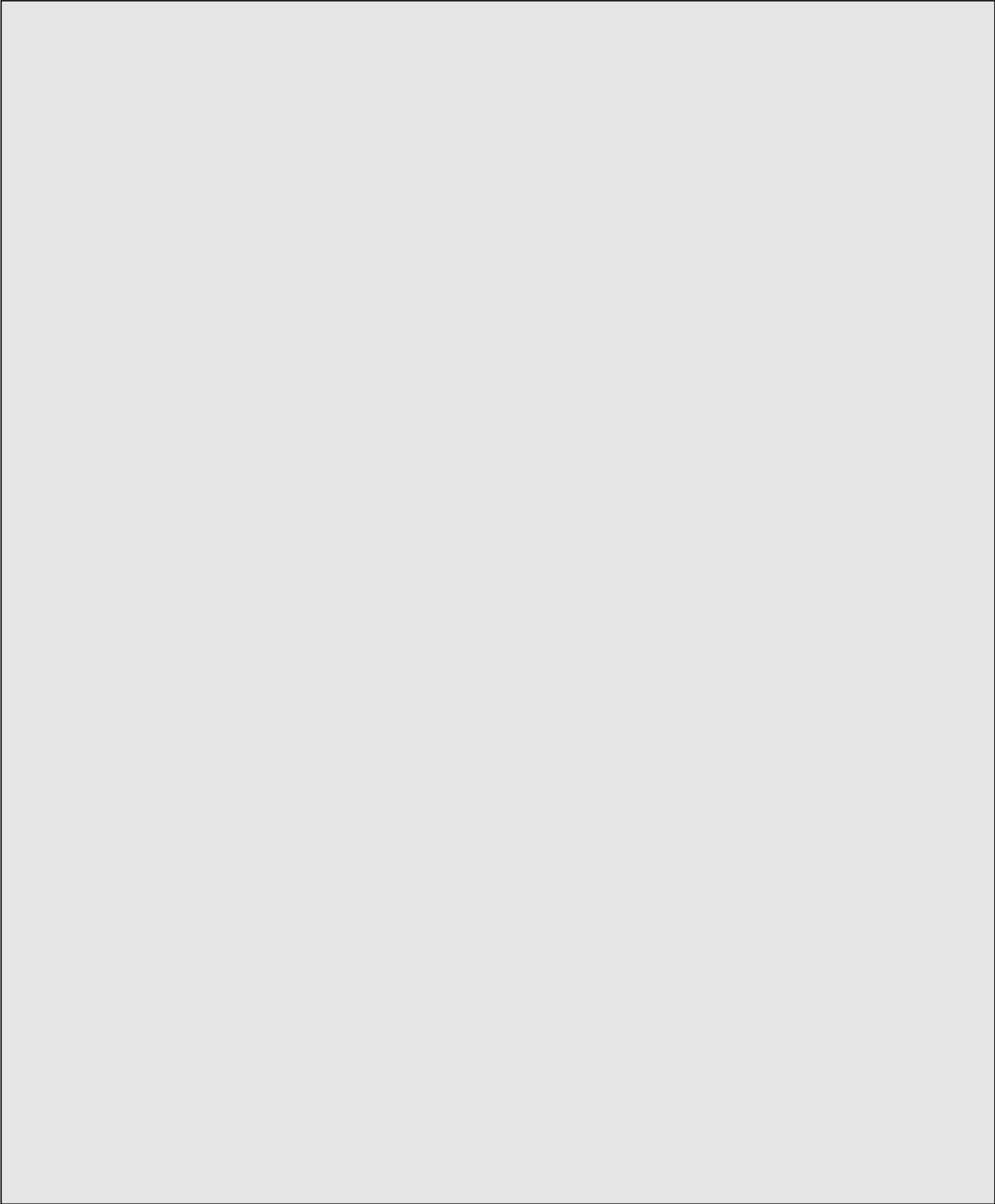
Frank Gallo



**Take time
with your
kids
Read to them
learn together**

A wealth of knowledge
can be found inside the
cover of a book. Take
time to read, listen and
learn with your children
now — they’ll thank you
for it in the future.





Seat belts really save lives: A personal account

David Smith

Air Education and Training
Command
public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — One Saturday morning, about 7:30 a.m., the telephone rang. As I sit here, a few months after the event trying to put these words on the screen, I am still choked with emotion.

Chrissy, my baby (a 21-year-old junior at Clemson), called to say she

had bad news. She was on her way back to school after visiting friends in Virginia during spring break. She almost made it to North Carolina.

Driving west on U.S. Highway 58, she reached down to adjust her radio. When she did, she moved the steering wheel. Normally, this is a minor concern. However, when you are on a road with no shoulder but a ditch, things take on a different perspective.

She felt the right tire bump off

the road and immediately tried to correct it to the left, but there wasn't enough ground to make the correction. Her car went down into the ditch and rolled 360 degrees with a 180-degree spin.

Mary, Chrissy's roommate, was driving immediately ahead of her and saw the event in the rearview mirror. Mary said her first thought was, "Chrissy's dead!" Mary immediately turned around, and about 10 other people stopped to help.

The driver-side door was crushed closed, so after releasing her seat belt, Chrissy had to crawl across to the passenger side to get out.

The car and everything in it was broken and considered a total loss except for two very important things: the seat belt and my daughter.

I still have two daughters because the seat belt was not broken. It was properly fastened and did its job when it really

counted.

Chrissy had an abrasion at the top of her shoulder from the seat belt, a small cut from flying glass and some sore muscles. That was minor considering what could have been.

We have a lot to be thankful for: a lot of nice people in Virginia who stopped to help Chrissy, everybody who built that tough little car and especially the seat belt — without which this message would have been very different.

Spotlight



2nd Lt. Renee Jennings

Staff Sgt. Scott A. Hagen

Squadron: 325th Fighter Wing

Job title: safety craftsman

Years at Tyndall: Two years

Years in Air Force: 13 years

Hometown: Paddock Lake, Wis.

Why did you join the Air Force: I wanted to see the world and broaden my horizons.

Most exciting facet of your job: Meeting people and briefing all of the newcomers to Tyndall.

Short term goals: I would increase base safety awareness and stop the upward mishap and DUI trend occurring at Tyndall.

Long term goals: To finish my bachelor's degree and work for either the Occupational Safety and Health Administration or the National Transportation Safety Board.

Favorite book: "The Green Mile"

Favorite movie: "A Few Good Men"

Hobbies and off-duty activities: Bowling, softball and spending time with my daughter.



Force protection is everyone's job

Master Sgt. Dale Schweinsberg
325th Security Forces Squadron
security forces administration

A recent Congressional General Accounting Office undercover operation revealed personnel, posing as New York City police officers and Drug Enforcement Agency agents, gained access to 19 government facilities to include the offices of the Secretary of Defense, Attorney General, Federal Bureau of Investigation and Central Intelligence Agency Headquarters, plus sensitive areas in two high-profile airports. These agents had fraudulent credentials with obvious discrepancies but were not challenged or checked by facility employees.

If this type of complacency can happen in such high-profile locations, rest assured it can and does happen on Tyndall.

What can you do to help force protection here? First, a shift in emphasis is needed. Force protection must be on everyone's mind. Security forces members cannot be everywhere. They depend largely on base members to help be their eyes and ears and to sound the alarm in case of emergency.

One way you can help is by wearing your restricted-area badge while working in restricted areas. It's also essential to always be cautious and ensure everyone else in a restricted area is wearing their badge too.

In addition, you should be observant for unusual people or activity. Keep an eye out for the absence of the normal and presence of the abnormal. If it doesn't look right, it's probably not right. Call it in or check it out. This should be done both at home and the office.

It's also important to police the area you work or live in. There are several people in your unit or neighborhood who can help you. Look to your sponsor, unit security

manager, antiterrorism focal point and restricted-area monitors for training on proper entry and security procedures. Always check people who enter your work or living area with work orders. Ensure the person with the work order is authorized to be there. If someone wishes to see classified information, ensure they are authorized, have the proper clearance and the need to know.

It's also helpful to know how and to whom you should sound the alarm in case of emergency. It is better to be safe than sorry. And finally, be mindful of how to maintain control of an incident scene and the importance of removing individuals from the area.

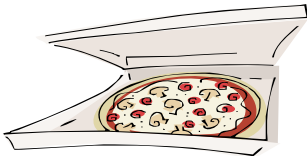
The 325th Security Forces Squadron monitors several programs for the wing such as Eagle Eye, anti-robbery, and security manager's training. These programs help evaluate how well the base performs owner-user security during day-to-day operations.

Terrorist bombings like Khobar Towers in Saudi Arabia, the World Trade Center in New York and the bombing in Oklahoma City, Okla., should remind all Air

Terrorist bombings like the Khobar Towers in Saudi Arabia ... should remind all Air Force members that terrorist events can happen anywhere.

Force members that terrorist events can happen anywhere. Everyone needs to be involved in security. Our personnel and resources are vital to the accomplishment of the Air Force mission. That's why installation security and the protection of our funds, munitions, aircraft, facilities, personnel and families are so vital. Remember, we do not have to be in an increased threat condition to practice good security awareness. Each of us must do our part to ensure Tyndall remains secure and our flying mission continues. Our added attention to security now will help deter the ultimate test and ensure Tyndall continues its training mission to fly, fight and win.

For more information call installation security, 283-2527, or force protection, 283-4664.



All you can eat pizza buffet
Sports Page Pizza Pub
10:30 a.m.-1 p.m. Monday and Thursday

Airman’s injury doesn’t hamper desire to serve

Karen Edge
San Antonio Air Logistics Center public affairs

KELLY AIR FORCE BASE, Texas (AFPN)— With the “What’s in it for me?” attitude second nature to many nowadays, it wouldn’t be unexpected for Airman 1st Class Brian Coles to cut his losses and walk away ... on his one leg.

Instead, Coles is fighting for permission to stay in the Air Force and fulfill what he calls his destiny.

Working in the 76th Communications Squadron, Coles was involved in an industrial accident Jan. 21 that resulted in his right leg being amputated below the knee. Now he’s waiting to find out if he’ll lose his career as well.

Coles, 21, has been around the Air Force his entire life. His father is retired Air Force, and both brothers are active-duty Air Force. It’s all he knows and, according to him, all he wants.

“The Air Force has always been my future,” Coles said. “I’ve known since I was a little boy that I would one day wear a uniform like my dad’s. It’s everything to me, and I’ll do anything to continue wearing it.”

That desire to wear America’s blue suit is evident in everything about Coles, especially his personal appearance. In fact, his co-workers nicknamed him “Pretty Boy Jenkins.”

“Everyone here has a nickname — it’s always ‘something’ Jenkins. We called Brian ‘Pretty Boy’ because his boots were always shiny and his uniforms always looked good,” fellow worker Senior Airman Brian Talbot said. “He holds himself to a higher standard. Now we’re going to name him Flamingo, because they’re pretty birds, graceful, and usually stand on one leg.”

Assuming he’ll be allowed to continue serving his country, Coles began the physical therapy necessary to get back to as “normal” a life as possible.

He works out at least four times a week at a gym, where he does the exercises and weight lifting his doctor prescribed.

“Everything happens for a reason, and I think God used this to open my eyes to what is really important in life,” Coles said matter-of-factly. “The accident brought me and my wife closer together. It was like God showed us how much we do need each other and that we’re meant to be.”

His wife, Desiree, and their son, Xavier, are his biggest fans. Desiree is always lending words of encouragement and the strength her husband needs to keep going. And Xavier has been

there to cheer him on while he learns to walk again with a new leg.

Coles, who could have lost his life in the accident, said he’s happy to be alive and thankful for the support of his family and his extended military family. But now he’s ready to get back to work.

He’s been manning a desk for about three months, waiting to find out if he’ll be allowed to stay in the Air Force.

“Brian does get discouraged occasionally, and so do I,” Desiree said. “But I keep telling him he’ll be able to do all the things he did before the accident, just as well as he used to do them.”

And that’s just what he’s done. Coles

has exceeded his doctor’s expectations every time that he’s been given a challenge. He’s meeting his own personal goals and, equally important to him, he’s meeting his career goals.

“I enjoy working in the office. Don’t get me wrong, just like everything I do, I give it 110 percent, but I miss my job,” he said. “I want to continue learning and get back in the field doing my real job.”

So after a physical to determine what he is currently capable of doing, doctors decided to let him back out there with his crew. He knows he won’t be digging trenches anytime soon, which is what he was doing when he lost his leg.

But Coles said he’s happy just standing on the sidelines, learning. And that he must be doing in grand fashion, because his squadron recently selected the airman to compete for senior airman below-the-zone at base level. If selected, he’ll get his third stripe six months ahead of normal schedule.

“Coles may have been off duty for eight weeks after the accident, but he used the time well. He studied constantly and is even about to get his five-level qualifications,” said Master Sgt. Pete Henderson, 76th CS first sergeant. “Coles is the best airman in our squadron to compete for BTZ.”

Setting short-term goals for himself keeps him focused on his long-term goal of walking without a limp.

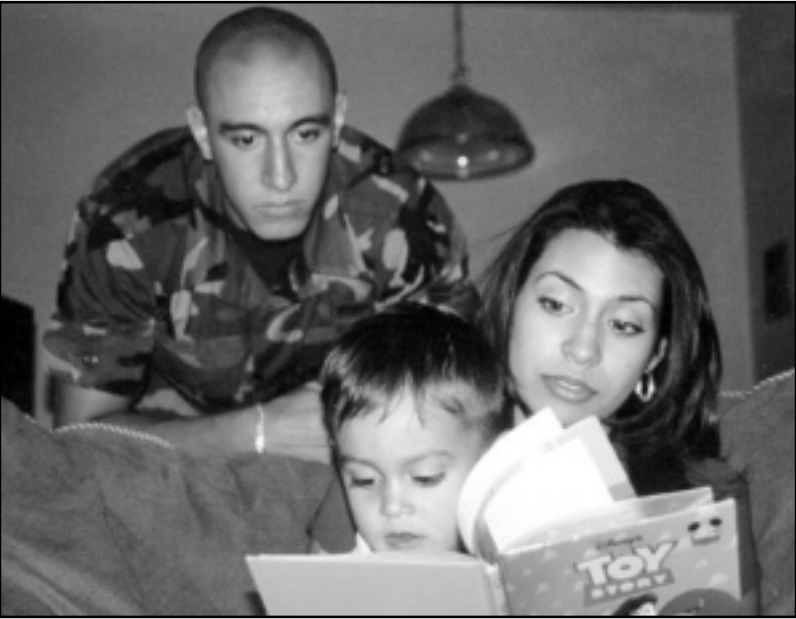
“I’ve never been in a wheelchair,” the airman said. “I walked out of the hospital on crutches and was determined to be walking without them in a couple of months. Now I want to walk without a limp.”

The first day with his prosthetic, he walked without help, and the first thing he did was pick up his son, something he’d missed being able to do. Soon he’ll be fitted for a personalized prosthetic that fits him better and will allow him to do more.

He can currently walk without crutches, but he carries one with him to “help with the stairs.” And he climbs a lot of stairs these days. Each one takes him closer to finding out the fate of his Air Force career, which a Medical Evaluation Board is currently reviewing.

In hopes of helping the MEB’s outcome, Cole’s doctor recommended to the board that he be allowed to stay in the Air Force.

According to Coles, the board can take as long as it needs to make its decision, because every day the verdict’s out is one more day he’s in uniform.



Karen Edge

Airman 1st Class Brian Coles looks on as wife, Desiree, reads a story to their 2-year-old son Xavier.

Leave fireworks to the professionals

Bobby Richardson II
*325th Civil Engineer Squadron
fire inspector*

The Fourth of July is indeed a time to celebrate and what better way to show your patriotism than to attend a professional fireworks display in celebration of Independence Day.

Our country has come a long way since 1776. Our advances in technology and ingenuity are unsurpassed. Modern fireworks displays incorporate highly technical explosives that light up the sky with an amazing brilliance.

Monday we will be celebrating Heritage Day and will have an opportunity to view a fantastic fireworks display orchestrated by well-trained professionals. Fireworks, handled by the novice, have the potential for injuring personnel and damage to property. Because of this, Tyndall prohibits the personal use, discharge and storage of fireworks.

Additionally, due to extremely dry weather conditions, retail purchase and use of fireworks in the State of Florida may be banned. Contact your local authorities prior to purchasing or using any fireworks.

Below are statistics and examples that should re-enforce why it’s best to leave fireworks to the professionals.

According to the Consumer Products Safety Council, between June 23 and July 23, 1999, there were an estimated 6,300 injuries caused by the misuse of fireworks. In 1999, injuries to children ranging from the ages of 5 to 14 accounted for 40 percent of the injuries. The next-highest injury frequency occurred in the age group 15 to 24, with 30 percent of the injuries. Forty percent of the injuries involved firecrackers, which included some large illegal fireworks. Bottle rockets, sparklers and Roman candles accounted for 10 percent of the injuries. Burns to the hand, wrist or arm were the most frequent injury at 30 percent. An estimated 20 percent were eye injuries.

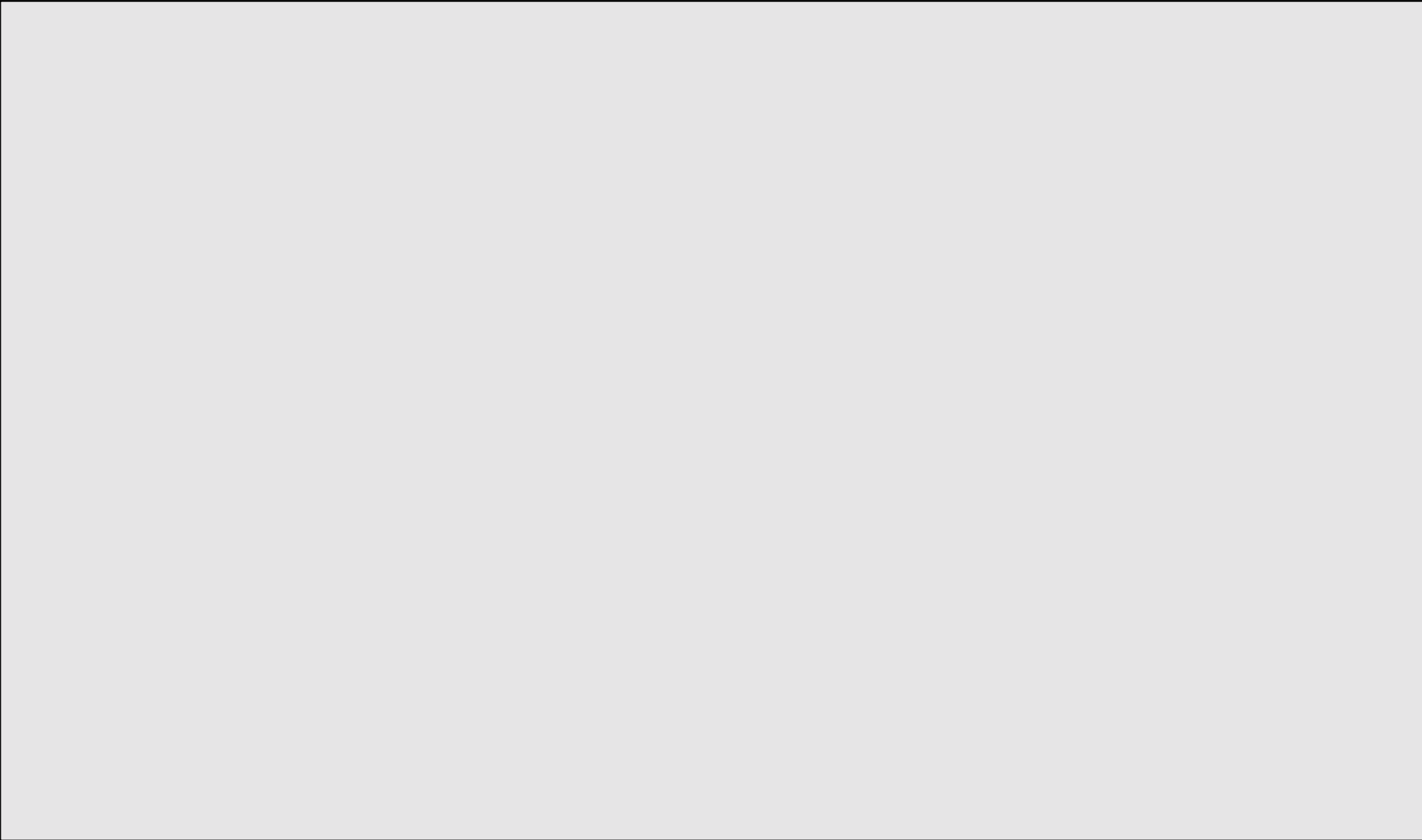
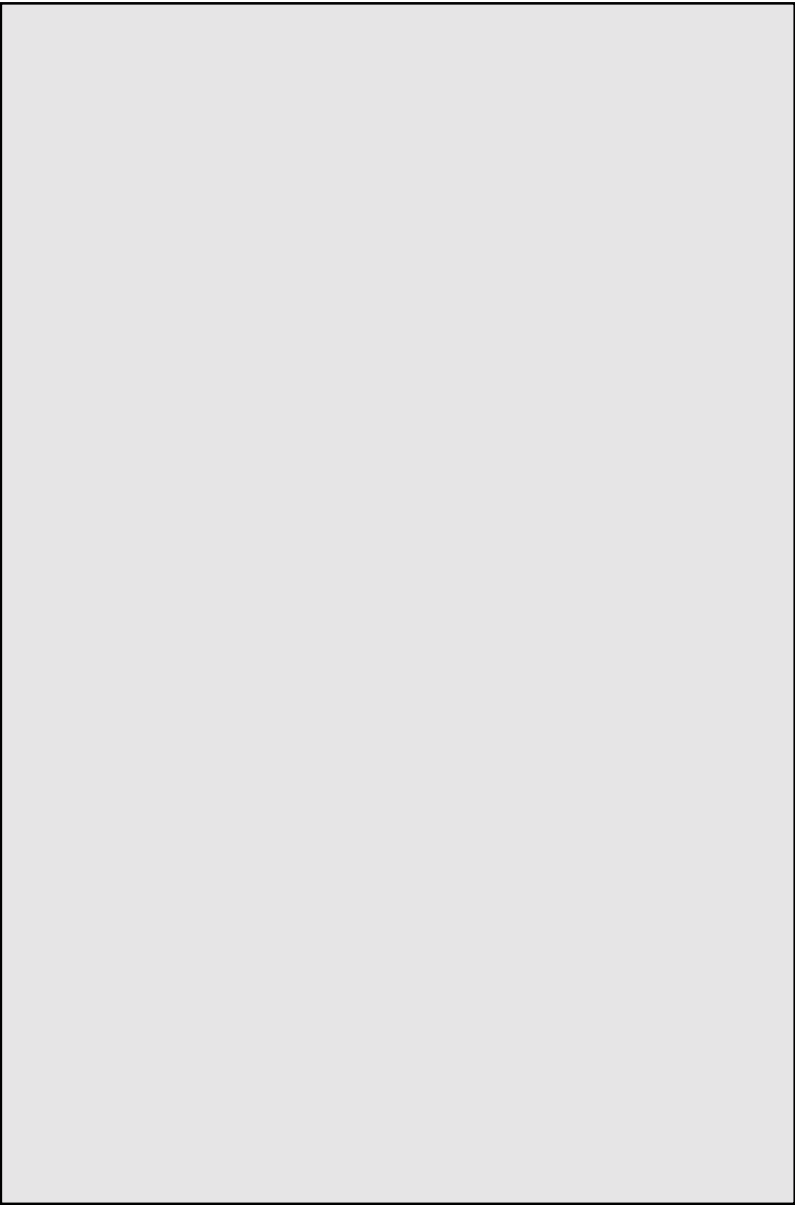
Here are examples of incidents reported last year:

- An 8-year-old girl received second and third degree burns to her leg when a spark from a sparkler she was holding ignited her dress.
- A 7-year-old boy lost half of his left hand, including his fingers, when he lit an M-80 he found hidden in a family bedroom.
- On July 4, an 18-year-old male in San Angelo, Texas was struck in the eye by an exploding rocket. The victim reported to the CPSC investigator that he would need replacement of both the lens and cornea. The victim does not expect to regain full vision.

- On July 14, a 16-year-old male in Kirkland, Wash. was injured by an M-80 that exploded in his hand. The victim’s thumb, forefinger and middle finger had to be partially amputated during surgery.
- One adult woman and four children were killed in a house fire in Salem, Wis. in the early morning hours of July 10. The evening before, fireworks were shot from the front of the house. At about 10 p.m., the debris from the fireworks was placed in a plastic bucket, under the wood siding of the house. A fire started in the bucket and then spread to the house.
- A similar incident, also involving smoldering fireworks in a plastic garbage can, was believed to have caused a house fire in Gardendale, Alabama, on July 5 that resulted in five deaths.
- Another death occurred on July 5 when a 15-year-old Kansas boy was killed after being struck in the face by a firework.

Don’t become one of the statistics. Leave the use of fireworks to professionals so enjoyable moments can be shared by family members in many years to come. The Tyndall Fire Department wants you to have a safe and happy Fourth of July.

For more information on this or any other fire-safety topic, call the fire protection flight, 283-2909.



Sports and fitness

Knowledge is key to preventing heat-related illnesses

Capt. Vince Williams
Health Promotions Flight commander

Air Force members all over the world are called upon to operate in a variety of strenuous conditions. Many have to cope with heat on a daily basis. A variety of medical conditions may plague these folks, including exertional heat illnesses and overhydration. Understanding these problems and how to prevent them requires knowledge of the body's way of regulating heat, water and sodium balance.

During heavy exercise, the human body can generate 10-20 times the amount of heat that it does at rest. Since only 20 percent of that heat is used to do work, the rest must be dissipated. That extra heat is transferred from the core of

the body (mainly muscles) to the skin, where it can be released to the environment. Because heat transfer is accomplished by increasing blood flow to the skin, it is vital to keep up the blood volume, which means keeping up hydration. In addition, evaporation of sweat is the body's major mechanism for heat dissipation while exercising. Sweat is composed mainly of water with a small amount of sodium. Dehydration, therefore, clearly robs the body of its ability to cope with heat stress, and increases the risk of heat illness. In fact, a fluid loss of one percent of total body weight can increase the body's core temperature.

Common exertional heat illnesses include heat syncope, heat cramps, heat exhaustion, and heatstroke. Heat syncope usually refers to fainting that occurs at the end of some event (such as a

difficult march or race) because of improper cool-down. It may also occur if individuals stand for prolonged periods in a hot environment without moving the legs. It is not dangerous, and is easily treated and easily prevented. Treatment is simple: lie down, elevate the legs, cool off in the shade and drink cold fluids. Prevention is better; stay well-hydrated and keep walking after exertion. Acclimatization, the body's process of becoming accustomed to working in the heat, is also important in preventing heat syncope.

Heat cramps, heat exhaustion and heatstroke are conditions of water and, often, sodium loss. Heat cramps represent the least dangerous of these conditions. They typically occur during or after intense exercise in the heat and usually involve the legs. Sodium is lost

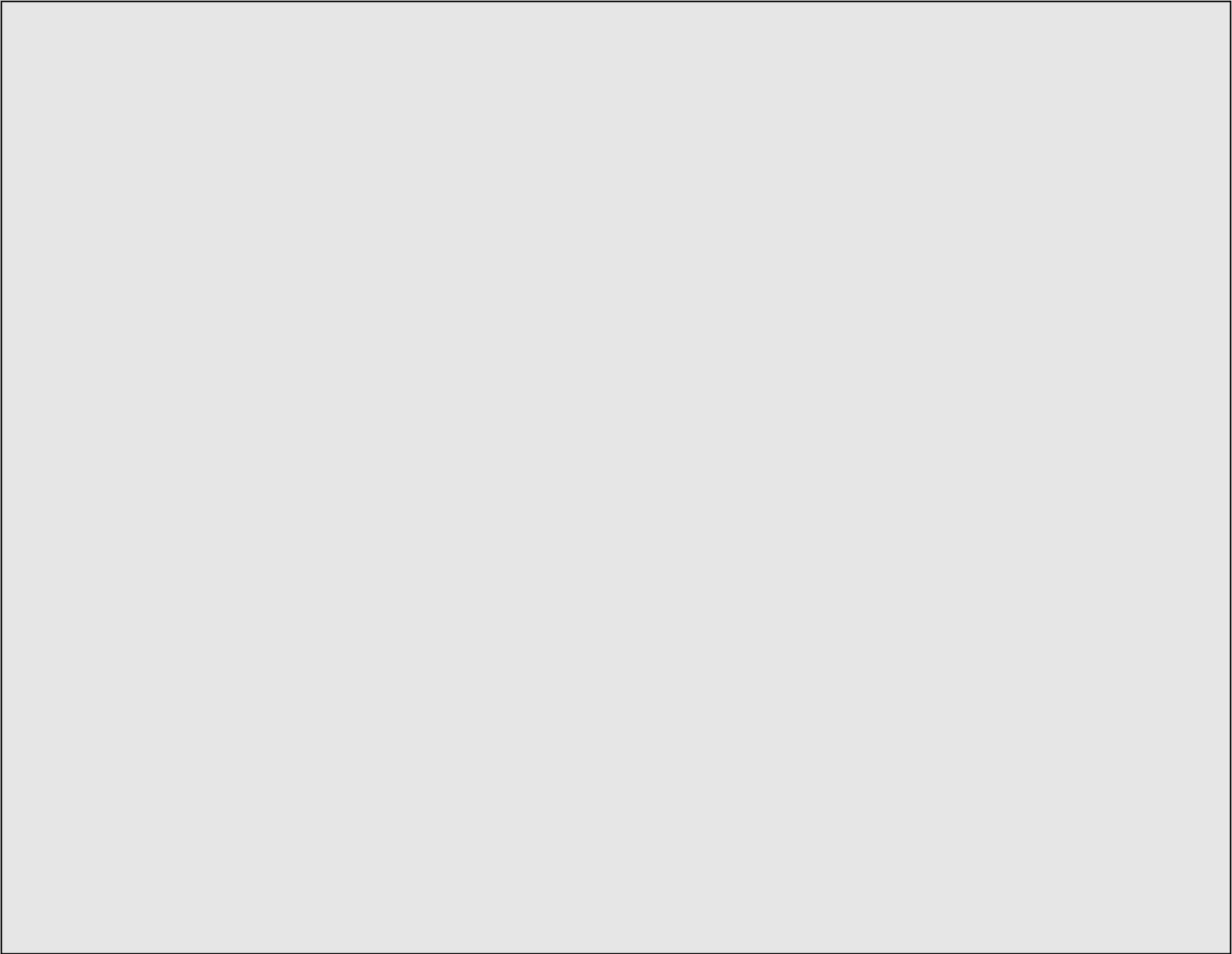
in the sweat, and is further diluted in the blood if plain water is used to replace the fluid losses. Heat cramps usually resolve with rest, cooling down and massaging the affected muscles. Prevention involves acclimatization to heat and staying on top of fluid and salt status before exercising. The most important thing to note about heat cramps is that they may signal another heat illness.

Heat exhaustion is more complex and more dangerous. Victims continue to sweat, become weak and lightheaded and may become somewhat confused. Temperatures may range from slight elevation to a high fever, but not as high as with heatstroke, which may show temperatures over 104 F. The problem is, generally, a combination of sodium and fluid loss in sweat without enough

replacement. Treatment involves rest, cooling and appropriate rehydration. Cases of heat exhaustion should be treated in a medical facility where sodium can be measured and fluid can be replaced at the right rate. Again, prevention involves acclimatization and good hydration practices.

Exertional heat illnesses are very preventable. These simple guidelines go a long way toward safe operations in the heat:

- Drink enough water throughout the day to cause the bladder to fill four times.
- Drink a full quart an hour (plus or minus a quarter quart) during heavy exercise in hot conditions.
- Never drink more than a quart-and-a-half an hour or more than 12 quarts a day.
- Do not skip meals if you can help it.



Intramural ladies softball		
Team	Wins	Losses
Eagle league		
325 TRS	2	0
NCOA	1	1
325 MDG	1	1
325 COM	0	2

There's only one way to come out ahead of the pack.

Intramural softball		
Team	Wins	Losses
Falcon league		
325 OSS	10	1
1 FS	9	2
325 MDG	7	3
325 SFS	7	3
325 MSS	7	4
325 TRS 1	7	4
325 COM	6	5
325 MXS 1	5	6
SEADS 1	5	6
2 FS	3	9
95 FS	3	9
325 MXS 2	1	9
83 FWS 1	0	9
Federal league		
AFCESA	11	2
325 LSS	10	2
RHS	9	3
325 CES	8	3
325 SVS	8	4
TW	8	4
53 WEG	6	6
CONS	5	8
CONR	3	8
SEADS 1	2	10
83 FWS 2	2	10
325 TRS 2	0	12

Intramural golf

Squadron	Total points
CONR 1	52
AFCESA	51
325 MXS	47.5
325 CES	45
325 MSS	42.5
325 SVS	40.5
325 TRS	40
SEADS	35
325 OSS	30.5
TEST 1	25
325 LSS 1	24
325 SFS	21
82 ATRS	20.5
RHS	18.5
CONR 2	16.5
83 FWS	15.5
81 TSS	14
325 COM	12.5
CONR 3	12.5
372 TRS	8
LSS 2	3.5



Courtesy photo

Youth bowler

Alma Hooks, Tyndall Youth Center director, bottom right, presents 7-year-old Jarred Jones the second-place trophy for his high game of 153 in the age 5-8 male category of the 1999 Air Force Postal Bowling Tournament. His mother Melanie Jones and Raptor Lanes manager, George Fetzgo are in the background sharing in his excitement. Jarred is anxious to show his trophy to his father, Staff Sgt Joel Jones, Air Force Civil Engineer Support Agency. Joel is currently on temporary duty. The tournament, held between November 1999 and February 2000, is designed to introduce youth to bowling as a life-long sport and to develop eye and motor coordination. Thirty-eight boys and girls competed at Tyndall with seven entries in the Air Force Competition.

